

NAME:

HEIGHT:

WEIGHT:

AGE:

Please take a minute to fill out this form as it will help us to fit you better on your bike.

How long have you been racing?

What type of bike are you fitting?

What size is the frame from center to top- if you don't know just leave blank?

What position do you ride in most of the time?

Do you have any current injuries? If so please describe.

Have you ever broken a leg or your hip? If so please describe.

What distance racing are you doing in the next 3 months?

What areas of your body are sore during and after your ride?

How many hours or miles per week do you ride?

What do you wish to accomplish from this fit?

How did you hear about BodyZen?

Please make sure if you are having new handlebars or saddles installed that they are installed by an experienced mechanic prior to the fit.

Any athlete requiring more than one additional visit for minor adjustments will be charged a rate of US\$75.00.

Please make sure your bike is in good condition with as few rusty bolts as possible. You will need the following for your fit:

Bike with tires pumped up to appropriate pressure listed on sidewall

Bike shorts or tri shorts

Bike shoes

Towel

Bottle of fluids

HRM- if you will be doing the Pro Accurate Bike Fit

Please arrive 10:00 prior to your appointment time:

Swim Bike and Run

5950 South Dixie Hgwy

Miami, FL 33143 - [MAPQUEST](#)